



COMMUNITY CAPACITY ACTION PLAN 2005-06

11th WING
BOLLING AFB, DC

December 2004





U.S. AIR FORCE

COMMUNITY CAPACITY ACTION PLAN

Purpose

The mission of the 11th Wing Community Capacity Action Plan (CCAP) is to: "Mobilize and integrate community efforts and resources to enhance readiness of 11th Wing by addressing critical wellness needs." Participants at the 2004 11th Wing CCAP Offsite adopted this mission statement. According to AFI 90-501, the IDS will develop a comprehensive coordinated CCAP for implementing and marketing a base wide outreach and prevention strategy. The CCAP is a written document summarizing and consolidating the individual, family, and community issues identified as top concerns by AF members and their family members. The IDS will identify, prioritize, and address these community concerns for the CAIB and will propose policy solutions and actions via the CCAP for CAIB approval. The IDS will prepare the CAP at least every two years to serve as guidance for CAIB action and IDS work.

Base Mission

"The Chief's Own" provides World-Class:

- Air and Space Expeditionary Forces (AEF) to support deployments and contingencies in the National Capital Region (NCR) and worldwide
- Ceremonial, musical, protocol and funeral support worldwide
- Base operating and logistical support to all Air Force personnel in the NCR.
- Select administrative support for Headquarters U.S. Air Force and Air Force Element activities worldwide
- Primary health care, travel medical services, and dental training

DUANE A. JONES, Colonel, USAF
Commander, 11th Wing
CAIB Chairperson

Base Profile

Total Air Force Active Duty assigned:

(* Serviced by the 11th Wing and Pentagon Military Personnel Flights)

17 - 24 yrs.	7%
25 - 34 yrs.	24.9%
35 - 45 yrs.	50.9%
45+ yrs.	16.9%

E1 - E4	1294
E5 - E6	2046
E7 - E9	1443
O1 - O3	1085
O4 - O6	4116

Male	76%
Female	24%

Single (no dependents under 23 yrs.)	6%
Single parents	4%

Total Guard (ANG) assigned to base: 53

Total Reserve (IMAs) assigned to base:

Total other branches of service assigned to base (estimated): 3000

Total DoD civilians (appropriated and non-appropriated funded, full and part time employees--not contractors): 4886
(51.2% Male, 48.8 Female)

Total retiree population (enrolled in DEERS/TriCare):

Housing:

Number of personnel in dormitories	125
Percentage of active duty personnel in base housing	12%
Percentage of active duty personnel in off base housing	88%

Average commuting time from off base housing: 25-55 min

Unemployment rate in local civilian community: 3.9 %

Additional Community Factors

- Bolling AFB is located in a highly populated urban area, personnel reside throughout the National Capital Region (NCR).
 - Cost of living is high
 - Traffic congestion is chronic
 - Childcare resources are limited and expensive
 - 88% of BAFB personnel reside off base
- The geographic area surrounding the base is considered a high crime area. Ward 8 routinely suffers from the most crime city-wide. Many residents express concern about traveling off base even for recreational activities.
- On-base residents are generally dissatisfied with public schools and resources. The home-school association is strong and active.
- Many of families with Special Needs members are drawn here for good health care;
- Many of the civilian helping agencies in the NCR are understaffed and difficult to access. Customer service off base is generally described as poor.
- The large majority of the Wing members live off-base, and commute from a tri-state area;
- Commute time to and from the base is extended;
- A significant number of people who live on base work at other DoD facilities;
- The National Capital Region (NCR) provides many entertainment and recreational options;
- Safety and quality of school systems in surrounding communities is a significant concern;
- Some people stay a long time and some rotate frequently (jobs that require high security clearance is a factor) within the NCR. This creates different perspectives and sense of community;
- Prevention programs coordinated through the IDS are open to military and civilian personnel assigned throughout the NCR. The 11th Wing IDS collaborates closely with the Andrews AFB IDS. There is good networking with other military bases in the area. There is also some networking with off-base agencies (perhaps less than at rural or smaller bases).
- Off-base agencies e.g., Women, Infants and Children (WIC) come on base to serve Bolling AFB members.

Community Result 1:	Safety	
Goal Statement:	11th Wing Active Duty Members and on-base residents and their families will report an increased sense of safety and freedom from violence and crime in their communities and neighborhood schools by the 2006 AF Community Assessment.	
Rationale	Bolling AFB is located in SE Washington DC. This area of the district has the highest crime rate in the city. The proximity of the Pentagon and the events of 9/11 were witnessed first hand. The zip code of the base residents was one of the areas most directly impacted by the Anthrax attacks. Base and local residents were also impacted by the well publicized sniper attacks. The Summerfield leased housing is located in Landover, MD. A local newscast expose reported that 124 crimes had been committed in this area within the last year. The area surrounding Summerfield housing has one of the highest crime rates in Prince Georges County which in turn has the highest murder and police brutality rates in the state.	
Target Population:	11th Wing Active Duty Members, Civilian employees and on-base housing (to include Summerfield) and dormitory residents (to include Fort Myer)	
Additional Data Sources:	<p>The AF Office of Special Investigations and 11 Security Forces crime reports.</p> <p>A follow-up survey conducted by the 11 WG IDS is needed focusing on issues that residents remain concerned about (Dorm/base dwellers vs. off base dwellers, Bolling housing vs. Summerfield housing, Terrorism vs. crime, Community vs school).</p>	
Program Result 1.1:	Unit Leadership	
Goal Statement:	Wing leadership will support the IDS in gathering additional data. Additionally, the IDS will work with wing leadership to disseminate information to the base population with the goal of alleviating safety concerns.	
Rationale:	Results suggest that high level leadership has the most credibility in disseminating safety information to the base population.	
Target Population Specification:	11th Wing Active Duty Members, Civilian employees and on-base housing (to include Summerfield) and dormitory residents (to include Fort Myer)	
Additional Data Sources:	Town Hall meetings are well established and attended by all aspects of the base population. Commander's Calls are also routinely utilized to distribute information to service members.	
Selected Indicators:	Unit Leaders Support	
Program Activity 1.1a:	Description:	The IDS Chair will report at the CAIB the results of the AF Community Assessment. We will propose a Community Capacity Action Plan approval.

Program Activity 1.1b:	Timeline:	January 2005
	Resources:	Competed CCAP
	Partnerships:	Community Action Information Board
	Barriers:	
	Evaluation Criteria:	
	Description:	The IDS will develop, disseminate and collect the results of a new, specific safety survey to see if the safety issue can be more clarified.
	Timeline:	April 2005
	Resources:	Survey Development
	Partnerships:	IDS, Bolling Town Mayors, Dorm Council, 11 WG PA.
	Barriers:	Apathy towards completing surveys, turnover in IDS membership.
Program Activity 1.1c:	Evaluation Criteria:	Survey Results
	Description:	Address fear-based rumors by providing factual information.
	Timeline:	On going
	Resources:	Wing crime statistics data; high risk area data; data on crimes and school safety; incidents data, information on terrorist activities.
	Partnerships:	IDS Team and Wing Leadership
	Barriers:	People may interpret information as biased (i.e., "the government line")
	Evaluation Criteria:	Commanders Calls safety information given; Number of Articles in BEAM on safety related concerns; Number of safety related all wing emails distributed.
Program Activity 1.1d:	Description:	Conduct Town Hall meeting on a quarterly basis to disseminate information on status of safety and security and to obtain direct feedback from community.
	Timeline:	Begin no later than April 05
	Resources:	
	Partnerships:	11MSG/CC, Community Programs Office, IDS
	Barriers:	
	Evaluation Criteria:	Number of Town Halls
Program Activity 1.1e:	Description:	Increase safety information/education programs to students by partnering with DC Public Schools and 11th Wing Helping Agencies.

	Timeline:	Begin August 2005
	Resources:	Handout materials, Volunteer briefers,
	Partnerships:	DC Public Schools, Operation Fly Straight, ADAPT, IDS
	Barriers:	OPSTEMPO may reduce number of volunteers available
	Evaluation Criteria:	IDS Prevention Program Evaluation, Safety follow up survey
Community Result 2:	Physical Well-being	
Goal Statement:	Enhanced fitness among 11th Wing community members by June 2005 Enhance established unit fitness plan IAW AFI 10-248 and Special Interest Item (SII) July 04-05	
Rationale:	Responses by active duty 11 Wing members on the 2003 Community Assessment (Questions 32 a and b) showed that less than 60 percent agreed or strongly agreed that they had a healthy diet or exercised regularly. In addition, active duty members at 11th Wing have a poor historic record passing AF physical fitness tests. In 2003 12% were not assessed and 18% did not meet AF fitness standards. With high deployment and higher physical demands, it is crucial to be physically fit. Fitness has become a leadership priority with 5 Sight Pictures addressing AF fitness and the new AFI 10-248 released Jan 04 mandating higher fitness standard to ensure readiness to provide expeditionary combat support.	
Target Population:	11th Wing active duty, family members, and civilian employees	
Additional Data Sources:	Fit Management data 2003 Unit Fitness data from AF Portal Healthy People 2010 2002 DoD Survey of Health-Related Behaviors Among Military Personnel 3.2.8	
Program Result 2.1:	Unit Leadership	
Goal Statement:	All units will implement fitness (Physical Training – PT) plan IAW new AFI 10-248 .	
Rationale:	The new AFI 10-248 mandates higher fitness standards and requirements	

	beyond those being met by many active duty members at the 11th Wing. This program result will decrease health risk, increase productivity, and improve expeditionary combat support readiness.	
Target Population Specification:	11th Wing active duty	
Additional Data Sources:	Cycle ergometry data collected since 1995 indicate that a large percent of AD members did not meet annual assessment requirement. Of those members assessed in 2003 18% did not meet standards.	
Selected Indicators:	Leader Effectiveness	
	Unit Leaders Support	
Program Activity 2.1a:	Description:	
	Timeline:	Jul 05
	Resources:	Health and Wellness Center programs Healthy Living Workshop(HLW), Fitness Improvement Program(FIP), and Body Composition Improvement Program (BCIP) and incentive program; weekly T.G.I.F fun run/walk, Golden Geese Challenge and Step Your Weigh to Wellness and AF Shape Your Future Your Weigh! (SYFYW!). STFYW! Tool (Environmental Roadmap) (ER) to evaluate base resources to support fitness program.
	Partnerships:	Unit physical training leaders and unit program managers partner with the Health and Wellness Center for support IDS web site provides fitness information to individuals and units.
	Barriers:	Lack of running track
	Evaluation Criteria:	AF Portal Data
		Description: Use Special Interest Item Jul 04-Jul 05 criteria
		Baseline: 100 % of AD members will have fitness assessment by 30 Jun 05
		Year 1:
		Year 2:
Program Activity 2.1b:	Description:	Provide training for at least two unit physical fitness trainer (PTLs) using training manuals provided by AF SG. PTLs should set the example by meeting the minimal requirements for fitness
	Timeline:	Jan 04
	Resources:	Fitness center to provide space for push-up and sit-ups as available Provide units with one stop watch and tape measure
	Partnerships:	Fitness Center leadership and staff

Program Activity 2.1c:		Security Forces for traffic control during fitness run
	Barriers:	Lack of running track forcing members being accessed to compete with base traffic and impact SF resources.
	Evaluation Criteria:	Description: Number of PLSs trained per unit for 11th Wing and tenant units PTLs fitness assessment will meet minimal fitness score of at least 75% ^d
		Baseline: 95% of units will have at least 2 trained PTLs
		Year 1:
		Year 2:
	Description:	Provide training for at least two unit physical fitness trainer(PTLs) using training manuals provided by AF SG. PTLs should set the example be meeting the minimal requirements for fitness
	Timeline:	Feb 05
	Resources:	Fitness center to provide space for push-up and sit-ups as available Provide units with one stop watch and tape measure
	Partnerships:	Fitness Center leadership and staff Security Forces for traffic control during fitness run
	Barriers:	Lack of running track forcing members being accessed to compete with base traffic and impact SF resources.
	Evaluation Criteria:	Description: Number of PLSs trained per unit for 11th Wing and tenant units PTLs fitness assessment will meet minimal fitness score of at least 75%
		Baseline: 95% of units will have at least 2 trained PTLs
		Year 1:
		Year 2:
	Description:	Provide training for at least two unit physical fitness trainer(PTLs) using training manuals provided by AF SG. PTLs should set the example be meeting the minimal requirements for fitness
Program Activity 2.1d:	Timeline:	Sept 04
	Resources:	Fitness center to provide space for push-up and sit-ups as available Provide units with one stop watch and tape measure
	Partnerships:	Fitness Center leadership and staff Security Forces for traffic control during fitness run

Program Activity 2.1e:	Barriers:	Lack of running track forcing members being accessed to compete with base traffic and impact SF resources.	
	Evaluation Criteria:	Description:	Number of PLSs trained per unit for 11th Wing and tenant units PTLs fitness assessment will meet minimal fitness score of at least 75% ^d
		Baseline:	95% of units will have at least 2 trained PTLs
		Year 1:	
		Year 2:	
	Description:	Provide training for Unit Fitness Program Manager (UFPM)	
	Timeline:	Feb 05	
	Resources:	HAWC staffing qualified to provide training for UFPM	
	Partnerships:	Unit Commanders UFPMs	
	Barriers:		
	Evaluation Criteria:	Description:	All units will identify a UFPM to the Health and Wellness Center Staff. This member should have plans to be with the unit for 1 year. UFPM will receive training on using the AF Portal to input data and generate commander reports
		Baseline:	98% of units will have a trained UFPM
		Year 1:	
		Year 2:	
Program Result 2.2:	Formal Community Agencies		
Goal Statement:	Non-active duty 11th Wing community members will have more opportunities to participate in fitness activities by December 2005.		
Rationale:	Surgeon General’s Healthy People 2010 goal is to increase participation of all in fitness/physical activity, thereby raising productivity and decreasing time away from work. Family member exercise will reinforce active duty member participation in fitness programs. Increased physical fitness will also increase resiliency to stress during deployments.		
Target Population Specification:	Family members and civilian employees		

Additional Data Sources:	1. Number of civilians and family members attending HAWC and Fitness Center activities. 2. Number of civilians unit fitness activities.	
Selected Indicators:	Places to Gather On Base Base Resources/Services Satisfaction	
Program Activity 2.2a:	Description:	Provide incentive program such as weekly T.G.I.F and Step Your Weigh to Wellness
	Timeline:	Jan 05
	Resources:	various incentive items and food for food demonstrations
	Partnerships:	Fitness center staff and HAWC staff
	Barriers:	Deployments and TDY for those programs that cover several weeks
	Evaluation Criteria:	Description: Community members will complete program initiated
		Baseline: 75% of members who sign up for program will participate to completion
		Year 1:
		Year 2:
Program Activity 2.2b:	Description:	Provide Healthy Living Workshop, Fitness Improvement Program and Body Composition Improvement Class to those members not meeting AF standards as outlined in AFI 10-248
	Timeline:	Sept 04
	Resources:	Classroom Class materials to include manuals and handouts
	Partnerships:	Andrews AFB Health and Wellness Center Units of the 11th Wing 11 MDG Life Skills
	Barriers:	Currently the HAWC does not have a dietitian assigned A volunteer current teaching the nutrition part of the Health Living Workshop. Members needing Body Composition Improvement Class attend those classes (4) and follow-up at Andrews Health and Wellness Center
	Evaluation Criteria:	Description: 100% of members identified as not meeting standards will attend program within the time frame as outlined in AFI 10-248
		Baseline: 100% of members needed class will attend within the allowed time frame
		Year 1:
		Year 2:

2004 11th Wing/Bolling AFB IDS Team and Subcommittee Members

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